



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 35041, Fish, herring eggs, Pacific, plain (Alaska Native)

Report Date: July 16, 2017 02:37 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	81.20	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Energy	kcal	74	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	308	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein <sup>1</sup>	g	9.60	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Total lipid (fat) <sup>1</sup>	g	1.93	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Ash <sup>1</sup>	g	2.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Carbohydrate, by difference	g	4.47	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
<strong>Minerals</strong>													
Calcium, Ca <sup>1</sup>	mg	19	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe <sup>1</sup>	mg	2.70	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Sodium, Na <sup>1</sup>	mg	61	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <sup>1</sup>	mg	0.6	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Thiamin <sup>1</sup>	mg	0.100	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Riboflavin <sup>1</sup>	mg	0.120	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Niacin <sup>1</sup>	mg	1.800	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamin A, IU <sup>1</sup>	IU	57	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
<b>Lipids</b>													
Fatty acids, total saturated <sup>1</sup>	g	0.430	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated <sup>1</sup>	g	0.420	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Fatty acids, total polyunsaturated <sup>1</sup>	g	0.710	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
18:2 undifferentiated <sup>1</sup>	g	0.030	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	01/2008
18:3 undifferentiated <sup>1</sup>	g	0.010	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	01/2008
Cholesterol <sup>1</sup>	mg	40	1	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

#### Sources of Data

<sup>1</sup>Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993